

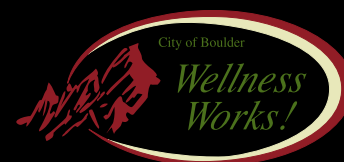
Matt Ward and Debbie Crofford,  
participants since 2009



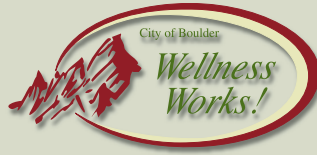
## WELLNESS PROGRAM ENROLLMENT INFORMATION

**REGISTRATION DEADLINE NOVEMBER 10, 2011**  
**ENHANCED PROGRAM OPTIONS & NEW WELLNESS EVENTS!**

**ENROLLMENT BEGINS  
SEPTEMBER 16TH**



<http://intraweb.ci.boulder.co.us/wellness>



Dear City of Boulder Employees,

I personally would like to invite you to enroll or re-enroll in our annual **Wellness Works!** Program. Since the onset of our enhanced program in 2009, we have made great strides to improving our health. The past two years of repeat participant data reveals the following:

- A 14% drop in coronary heart risk
- An improvement from only 17.8% of participant blood pressure scores reading ideal in 2009 to 40.1% reading ideal in 2010
- An 8% drop in cancer risk
- Improvement from 85.6 in 2009 to 87.5 in 2010 on the mean Health Score, a composite score pulled from 7 key biometric measurements such as blood pressure, cholesterol, BMI and glucose

This year's program will offer an exceptional lineup of online and onsite wellness offerings, a free onsite health screening and a newly enhanced look to the website. Again this year we will be allowing individuals that attend their personal doctor to submit their biometric information if they are unable to attend an onsite screening using the form located on the wellness intranet webpage. Rewards for completing the health questionnaire and a health screening include your choice of either a 2012 pass to the Recreation Centers OR a \$125 payroll bonus. And, for all individuals that reach the goal of 10,000 points, you will receive a \$25 gift card AND an entry into a prize drawing of 2 - \$500 gift cards. Along the way we will have plenty of programs and incentives to keep you on track to the finish line.

By teaming up together we can become a healthy organization from the individual level on up to the City of Boulder as a whole. Promoting good health is vital to the success of our organization, as physically and mentally well employees enjoy a higher quality of life and are more likely to be productive and satisfied with their jobs. Annual **Wellness Works!** Enrollment beginning September 16 and closes November 30, 2011. See you at the screenings!

*Jane S. Brautigam*

Jane Brautigam  
City Manager

WELLNESS WORKS!



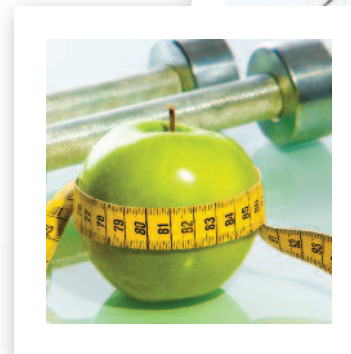
# WELLNESS PROGRAM OVERVIEW

The City of Boulder **Wellness Works!** benefit is here to help you reach and maintain optimal health. This benefit challenges you to earn 10,000 points by September 15, 2012, and rewards you along the way! The cornerstone of the wellness benefit is an online health management program powered by SimplyWell. The SimplyWell website offers a wealth of new tools and resources while integrating many of our offerings into one, point-based program. You log your information and participation, SimplyWell will do the rest.

*The following benefit components are available free to all **benefit eligible standard employees**:*

- **Lab results from a recent physician visit now accepted**
- **Personal health score feature**
- **Online sign-up and registration**
- **Onsite health screening**
  - **Lab work - hemogram (CBC), lipid profile including triglycerides, fasting glucose**
  - **Height & weight**
  - **Blood pressure & pulse**
- **Online health questionnaire**
- **Individual health report & action plan**
- **Online medical record**
- **Onsite classes, seminars, challenge programs and special events**
- **Educational modules**
- **Self-tracking of health maintenance and measures**
- **Personalized healthy lifestyle coaching sessions via phone**
- **24-hour nurse call line**
- **Health and wellness resources**
- **Monthly wellness newsletter**

SimplyWell has been designed, developed and implemented with leading technology to support full compliance with all applicable federal and state privacy laws, including HIPAA. The data is stored using multiple servers in one of the nation's secure data storage sites. All personal health information is stored in individual library look up tables to keep records secure. Individual data is synthesized into one complete record **ONLY** at the time you input your unique User ID and Password. **SimplyWell does not store any information on the Internet.**



# HOW DO I ENROLL?

## GO TO WWW.SIMPLYWELL.COM

**Current Participants:** Log in on the left-hand side using your personal ID and password you already created. **New Participants:** On the right hand side of screen under "New Participant," enter your participant ID, date of birth and gender. For participant ID, please use the capital alpha characters "COB" followed by your six digit employee ID number. Please add zeros to your ID to make it 6 digits. Example: COB001358

### STEP ①: ENTER YOUR CONTACT & SECURITY INFORMATION

During this step you will create your own private and confidential user ID and password that you will use from this point forward. Be sure to write this down.

### STEP ②: ACCEPT THE AGREEMENT & POLICY INFORMATION

### STEP ③: REGISTER FOR YOUR HEALTH SCREENING

There are eight health screenings scheduled at various city locations (see back panel). During this step you will select the screening that you would like to attend.

### STEP ④: VIEW & ORDER LAB WORK

You will be able to view the lab panels being offered free by the City of Boulder. You can also order additional lab work at your own cost to be included at your screening.



### STEP ⑤: RECORD YOUR MEDICAL HISTORY

This feature provides you a secure, private personal health record. It may be helpful to have your medications, allergies, surgeries, etc. listed on a separate piece of paper. This is an optional feature that you can update at any time.

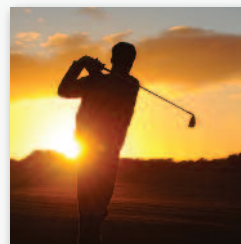
### STEP ⑥: COMPLETE THE HEALTH QUESTIONNAIRE

Please allow approximately 10-30 minutes to complete. You may move back and forth between pages. If you can't complete the entire questionnaire and need to return, just select the SAVE and FINISH LATER button. When it is complete, make sure to click the SUBMIT button.

## YOUR PERSONAL HEALTH REPORT

After you have completed your enrollment steps, health questionnaire and attended your onsite health screening, you will be able to view your personal Health Report selecting "My Information," then "My Report."

Please note that you will be called by a SimplyWell registered nurse for a consultation if you receive an abnormal/critical value resulting from the health screening. SimplyWell nurse coaches will also call you to invite you participate in the free coaching services. Coaching is voluntary and you can opt out at any time.



# POINTS

Tracking your points using the SimplyWell benefit is how you'll progress to better health AND how you earn rewards.

## 6 POINT AREAS

Health Questionnaire

Health Screening

Appointments

Education Modules

Health Trackers

**Wellness Works! Wellness Events**

Wellness Challenge Programs (1,000 pts)

Wellness Seminars (250-500 pts)

Healthy Lifestyle Classes (250-750 pts)

Special Events (20 – 1,000 pts)

Health Score Above 85 (1,000 pts)

OR

Health Score Improvement of 5 (500 pts)

## ACTION PLAN POINTS REQUIRED

1,500 points

2,000 points

1,000 points

1,500 points

1,000 points

2,000 points

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10,000 Total

# REWARDS & DEADLINES

## REWARD OPPORTUNITY #1

All City of Boulder participants that complete the health questionnaire and attend a health screening (or submit results from your physician) by **11/23/11** will earn one of the following rewards. Participants will select the reward that you wish to receive as part of the health questionnaire.

- A)** City of Boulder Recreation Pass for the 2012 calendar year that includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, and over 60 drop-in fitness classes per week.

The ability to purchase recreation passes for your family members at the discounted fee of \$100 per family member.

No cost session classes listed in the Parks and Recreation class guide for you and your family members who purchase a recreation pass.

- B)** A \$125 one-time taxable bonus added to your paycheck on 3/1/2012.  
This option does not include the two additional benefits of the recreation pass that are listed above.

## REWARD OPPORTUNITY #2

All Participants who earn 7,500 Action Plan Points by **4/30/12** will be entered into a drawing for (100) \$50 Downtown Boulder gift cards.

## REWARD OPPORTUNITY #3

Participants who earn 10,000 points by **9/15/12** will earn a \$25 Gift Card and be entered into a drawing for (2) \$500 Visa Gift Cards.



POINTS & REWARDS!

## 2011 HEALTH SCREENINGS

DATE	LOCATION	TIME
October 4	East Boulder Rec Center*	6:30 – 10:00am
October 11	OSMP /Cherryvale	6:30 – 9:30am
October 13	Municipal Building	6:30 – 9:30am
October 18	Utilities 'The Yards'/Public Works*	6:30 – 9:30am
October 25	Public Safety Building* (Public Safety Building employees only)	6:30 – 9:00am
October 27	Public Safety Building* (Public Safety Building employees only)	1:00 – 3:00pm
November 3	Municipal Building*	6:30 – 9:30am
November 15	Municipal Building	6:30 – 9:30am

*\*Locations will have flu shots also available*

### Location details and specific time slots are available online when registering.

Please allow 20 minutes for the screening. It is recommended that you fast for 8 to 12 hours prior to the laboratory tests. You should continue to take any prescribed medications and drink plenty of water. If you have any medical conditions, such as diabetes, which may be affected by fasting, please consult your physician before fasting.

### Lab Results Now Accepted from Personal Physician.

If you have completed a recent physician appointment that included blood work between September 1, 2011 and November 23, 2011 you can use this in place of completing an onsite health screening. Here's how it works.

Follow the enrollment instructions in the How Do I Enroll section.

During Step 3: Select "Alternate Screening" instead of an actual screening date.

To obtain a copy of the Physician Clinical Results Form, go to the **Wellness Works!** homepage at <http://inraweb.ci.boulder.co.us/wellness> OR download it from the Announcement section on the bottom right corner of your SimplyWell Home for Health page.

**If you have technical problems enrolling or have a health-related question,  
call SimplyWell at 1.877.991.9355**

**For general questions about the City of Boulder Wellness Works! Program,  
see <http://inraweb.ci.boulder.co.us/wellness> or contact one of your wellness staff:**

Stewart Ellenberg  
*Risk Manager*

**303-441-3075**

Suzanne Kohlmann  
*Benefits &  
Payroll Manager*

**303-441-3893**

Kevin Krayna  
*Safety & Workers'  
Compensation Specialist*

**303-441-3061**

Summer Kennedy  
*Health & Wellness  
Program Supervisor*

**303-413-7264**